



The Effect of Community-Based Tourism on Woman Empowerment to Achieve Sustainable Development: *The Case of Nuba*

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Abstract

Tourism has gained considerable attention, especially through its capacity for sustainability. Consequently, Community-Based Tourism (CBT) allows better connection with the local community, which enables extensive economic and social development for the locals. Since Egypt pays special attention to Nubian women, and exploits their skills in sewing, detailing, looms, carpets, and handicrafts, to provide job opportunities for them, the current research aims to explore the role of CBT activities in empowering Nubian women, as a way of achieving sustainable development in Nuba.

A quantitative approach was carried out by distributing a questionnaire form to a purposive sample of Nubian women to explore the extent to which they contribute to CBT activities, and the valid returned forms were 67 analyzed using SPSS. The results showed that CBT has offered diverse job opportunities to women in Nuba, which has positively affected the economic standard of their families. This proves that Nubian women's empowerment in CBT has significantly affected sustainable development in Nuba.

1. Introduction

Tourism has received extensive attention lately due to its consideration of sustainability procedures. New types of tourism appeared to support the sustainability approach, for instance, community-based tourism, pro-poor tourism, ecotourism, and volunteer tourism (Dunn, 2007; McCall and Mearns, 2021). Tourism is one of the major industries that creates jobs for women, generates revenues, and eliminates poverty for women in local communities (Chugh, 2001; Movono and Dahles, 2017). Additionally, literature gives considerable attention on studying the role of women in the tourism industry (Pastore et al., 2021)

The local community plays a significant role in deciding the success of tourism in any area (Sayd and Benu, 2021). Since the 1970s, many researchers have deemed Community-Based Tourism (CBT) as an efficacious means for development in a sustainable way, those projects intended mainly to empower the community and achieve self-sufficiency and autonomy, and to achieve community development sustainably (Ngo and Creutz, 2022; Giampiccoli and Mtapuri, 2015; Harrison and Schipani, 2007; Cornelissen, 2005; Lankford and Howard, 1994).

CBT is considered an exceptional experience that offers tourists a trustworthy trip to new places and different cultures while protecting the rights of the local community for their cultural authenticity, and natural environment (Dunn, 2007). Consequently, CBT seeks to include the preservation of resources and values and develop socio-economic aspects of the community by empowering it in the processes related to management, planning, and other initiatives. Also, CBT is considered as an effective way to counteract tourism's bad effects. Moreover, the actual practice showed that a few community-based tourism projects that have received funds successfully managed to conserve their long-term validity and ability to continue, but many other projects failed after ending the presented funds (Goodwin and Santilli, 2009; Gaitho, 2014; Pham Hong et al., 2021; Ngo and Creutz, 2022).

Feminist movements advocating for expanded political and social rights for women recognized the significance of empowerment (Efthymiadou and Farmaki, 2023). Moreover, women's business is seen as a means of achieving financial independence. The well-being of women, families, and communities is closely correlated with their involvement in entrepreneurship (Vukovic et al., 2023). Women are actively involved in the tourism industry (Efthymiadou and Farmaki, 2023).

Also, the fifth goal of the UN Sustainable Development Goals (SDGs) emphasized on gender equality and highlighted the necessity of the woman role in the foundation of peace, and a prosperous and sustainable world. Thus, Woman Empowerment would gain an extensive role in CBT.

The ancient Nubian civilization granted women a freedom that was not obtained in other civilizations, so they participated in public life and attended ruling councils. Throughout the ages, Nubian civilization has blended with many cultures that have influenced the role of Nubian women and their activities in society. Women's associations have helped Nubian women in having a better life, also they encouraged them to establish small projects where

women are encouraged to rely on themselves, especially widows and divorced women. Nubian women are famous for their various and distinguished handicrafts, and many Nubian families have opened their homes and converted part of them into a hostel to receive tourists (Jennings, 2009).

This research aims to focus on the role of CBT activities in empowering Nubian women and thus achieving sustainable development in Nuba. The study measured the impact of CBT activities on Nubian women's empowerment by focusing on the economic, social, and psychological dimensions. The aspects employed to gauge Nubian women's empowerment in CBT for attaining sustainable development were the economic, sociocultural, environmental, and local community and tourism development indicators.

2. Community-Based Tourism (CBT).

Since the 1970s, tourism has been regarded as a tool for development; however, more recently, the importance of ecotourism, pro-poor tourism, and CBT has been highlighted (Harrison and Schipani, 2007; Saayman and Giampiccoli, 2016; Juma and Khademi-Vidra, 2019). Juma and Khademi-Vidra (2019), highlighted that the first mention of the CBT concept was by Murphy, (1985) which helped tourism researchers to analyze the impact of developing countries' tourism issues on local communities. Giampiccoli and Mtapuri (2012), stated that CBT is typically linked to the growth of poor communities, particularly those in rural areas. Furthermore, communities gain control over tourist management through CBT and receive significant advantages from tourism activities (Simpson, 2008; López-Guzmán et al., 2011; Giampiccoli and Mtapuri, 2012).

Developing countries witnessed CBT as an alternative type to traditional types of tourism to solve mass tourism's negative effects, and eventually, it developed into a social organizing tactic for the local community itself (López-Guzmán et al., 2011). Additionally, CBT can propose a suitable management system for the region's future (Sitikarn, 2021), as its economic, environmental, and social advantages play a pivotal role in facilitating the community's sustainable development (Manyara and Jones, 2007; Rey Bolaños, 2019). CBT provides community welfare and empowerment; therefore, it is considered an important segment of sustainable tourism development (Ngo and Creutz, 2022).

Goodwin and Santilli (2009), defined CBT as a type of tourism that is different from mass tourism since it focuses on tourism's effect on local economy and natural resources. CBT is a strategy for community development that makes use of tourism as a tool to help rural community organizations become more capable of including the locals in the administration of tourist resources.

Armstrong, (2012; p.1) defined CBT as "Tourism owned and /or managed by communities and intended to deliver wider community benefit, and it has to provide opportunities to reduce poverty and to achieve the development of the local economy". Moreover, researchers stated differently, the foundation of CBT is the enhancement of community development via tourism that has a multiplicity of economic benefits. (Jones, 2005; Mayaka et al., 2019; Han et al., 2019).

Researchers have discussed, through CBT circumstances, how locals can organize equity chances to distribute the benefits of tourism resources and activities (Gaitho, 2014; Masud et al., 2017; McCall and Mearns, 2021). It also improves the residents' livelihoods and supports community development by suggesting active involvement and group solutions to neighborhood issues (Blackstock, 2005).

Rey Bolaños, (2019) pointed out that CBT activities can create advantages and disadvantages on the socio-economic, cultural, and environmental sides. For the socio-economic advantages; it is obvious that CBT generates multiple sources of income, it helps also in developing the infrastructure of the area, and the local products and crafts, so time by time it can reduce migration between communities. Otherwise, there are a few disadvantages on the socio-economic side CBT faces seasonality, sometimes price inflation, and other times it causes community conflicts. From the cultural side, CBT can revive the local culture and identity, and support cultural exchange, however, it may form a social imbalance among the locals, and it may be the reason for losing community identity. In addition, it protects the natural resources of the local environment, besides, it increases awareness about the environment. On the other hand, occasionally it may affect the environment badly because of pollution, waste, and changing of local habitats. The following table concludes the advantages and disadvantages of CBT activities.

Table (1): Advantages and disadvantages of CBT Activities

<i>Element</i>	<i>Advantages</i>	<i>Disadvantages</i>
<i>Socio-Economic</i>	<ul style="list-style-type: none"> • Revenue streaming and a variety of economic activities • Development of infrastructure • Development of local products and crafts • Decreases migration 	<ul style="list-style-type: none"> • Seasonality • Price Inflation • Community conflicts
<i>Cultural</i>	<ul style="list-style-type: none"> • Revival of local culture • Consolidation of local identities • Cultural exchange 	<ul style="list-style-type: none"> • Social imbalance • Identity theft
<i>Environmental</i>	<ul style="list-style-type: none"> • Protection of natural sources • Increased environmental awareness 	<ul style="list-style-type: none"> • Environmental pollution • Waste • Alteration of local habitats

Source: Adapted from Rey Bolaños, M. A. (2019). The role of community-based tourism in sustainable rural development: case studies from Ecuador (Doctoral dissertation, Universitat Politècnica de Catalunya).

3. Community-Based Tourism and Women Empowerment.

The tourism industry is one of the most promising industries to elaborate regional income and improve the economy of locals and as a result increase their prosperity (Sayd and Benu, 2021). Tourism has constantly been a simply approachable employment opportunity for women. Furthermore, the percentage of women employed in the tourism industry has grown rapidly worldwide, notably in developing countries (Dunn, 2007; Ramchurjee and Paktin, 2011).

The United Nations has acknowledged the role of the tourism industry in advancing women's political, economic, and social empowerment. International organizations and governmental organizations have focused efforts on creating and implementing some rules that protect women working in the tourism industry, give them access to training and opportunities to launch their businesses, and guarantee gender equality in the workplace (UN, 2011).

Although there is evidence showing that women are significant producers of goods and services in the tourism sector, research on women's involvement in tourism enterprises has long lagged. (Movono and Dahles, 2017)

Researchers have introduced four domains for empowerment, which are social, economic, psychological, and political which are shown in the next table.

Table (2): The main domains for empowerment

<i>Social</i>	<i>Economic</i>	<i>Psychological</i>	<i>Political</i>
It is the community consistency and how much the CBT activity is useful to the community socially.	It is the financial benefits that the destination gains as the result of empowerment.	It's the development of self-esteem that community people feel with.	It is the opportunity to give the community the opportunity to share their perspectives on the tourism industry and especially for the stakeholders.

Source: Adapted from Timothy, 2002, Dunn, 2007, Irawan and Nara, 2020, and Mc Call and Mearns, 2021

The community-based tourism provides a variety of job opportunities for women. Furthermore, CBT projects have been an effective tool in supporting women's empowerment (Dunn, 2007; McCall and Mearns, 2021). Moreover, it helped women to gain a good income (Movono and Dahles, 2017).

Women's empowerment is vital in increasing their independence, which consequently may contribute to strengthening the household economy (Sayd and Benu, 2021). Moreover, women are driven to launch their own small tourism businesses to provide a better economic life for their families and become more independent (Vukovic et al., 2023).

The characteristics of women working in the tourism industry differ from men since they work in part-time jobs, and they work in temporary jobs. This is due to the other responsibilities that women mostly have whether in their homes or their families (Dunn, 2007).

Women can perform different activities in CBT, for example: culture dances, home staying, guiding tours, making crafts, fishing, cooking food, beauty service and sometimes vending on streets (Chugh, 2001; Movono and Dahles, 2017; Irawan and Nara, 2020).

Mc Call and Mearns, (2021) have declared that even though there are many job opportunities for women in the tourism sector, there isn't enough research that measures women's impact on tourism and vice versa. According to the results of Efthymiadou and Farmaki, (2023), few studies have been conducted on women's empowerment in CBT.

4. Community-Based Tourism and Sustainable Development.

According to the UNEP and the UNWTO (2005; p. 12), sustainable tourism is defined as "a form of tourism that takes full account of its current and future economic, social, and environmental impacts, addressing the needs of visitors, the industry, the environment, and host communities" (Byrd, 2007; Postma et al., 2017; Sitikarn, 2021). As well, destinations and visitors considered sustainable tourism as a kind of pro-social/pro-environmental traveling behavior (Melissen et al., 2016; Meng and Han, 2016; Han et al., 2019), so the world has witnessed a lot of sustainable initiatives to protect resources(both natural and local), achieve nature preservation, conserve culture, and reach socio-economic benefits (Nilnoppakun and Ampavat, 2016; Kiatkawsin and Han, 2017; Boley et al., 2017; Han et al., 2019;).

Likewise, Gruber, (2010) mentioned the local community's participation as a vital component of sustainability. Besides, according to the results of the Sitikarn, (2021) study, exposed throughout the community, CBT activities may adjust to the concepts of sustainable tourism. and various parties of stakeholders' participation, the formation and conservation of identity, taking advantage of economic, socio-cultural and ecological resources, offering ongoing education, maintaining the community precise structure and providing optimum farming techniques.

According to Armstrong, (2012), there are considerable agreements about considering CBT a tool for achieving sustainable development, as it has a great positive role in conserving resources, both natural and cultural in regions, brings growth of the socioeconomic to the local community, offers appropriate chances for planning and managing tourism activities that can increase the number of local community businesses, and establishes a high-quality tourist experience in the area as a must. It can also promote the creation of good job opportunities, assist in the development of environmentally friendly tourism, and empower the local community (Lemelin et al., 2015; Tolkach and King, 2015; Han et al., 2019). Moreover, through CBT activities, tourists participate in pro-social and pro-environmental behaviors (Meng and Han, 2016; Tyrväinen et al., 2016; Han et al., 2019).

While local community involvement in tourism has been addressed by scholars as a notion that can lead to the advancement of sustainable tourism destinations, in reality, it is surrounded by difficulties and barriers (Bagus et al., 2019; Dogra and Gupta, 2012; Shah and Gupta, 2000; Campbell, 1999). Challenges are always attached to local communities' heterogeneity, defining tourism's role in local communities' development, and obstacles are recognized in two ways: the first is related to minimizing the participation of local communities in the process of

decision-making, and the second is associated with the opportunities of getting regional travel benefits (Bagus et al., 2019).

5. Methodology

5.1 Research Approach

This study is considered an exploratory study to identify the role of CBT activities in empowering Nubian women as a way of achieving sustainable development in Nuba. Thus, the study used a quantitative approach by designing a questionnaire and distributing it to Nubian women to collect the needed data that helps in answering the question of the study and defining the contribution of CBT activities in empowering Nubian women and achieving sustainable development.

The research questions were as follows:

Q1: Can CBT activities help in empowering Nubian women?

Q2: Can CBT activities help in achieving sustainable development in Nuba?

Q3: What are the future possibilities for the CBT industry in the Nubian community?

5.2 Population and Sampling Technique

The research sample for the questionnaire consisted of Nubian women who contributed to CBT activities to define the role of CBT activities in empowering Nubian women and thus achieving sustainable development in Nuba. **The sample** was collected by a research group in Nuba to obtain the necessary answers to the research questions after translating the questionnaire into Arabic Language to be easily understood. **A purposive sampling technique was used since the sample needed was only Nubian women who are working in CBT.** The questionnaire was directed at Nubian women who are different in age, education, experience, and life circumstances. The survey was conducted between October and December 2023. The sample size was 80 participants and reached 67 after excluding uncompleted responses.

5.3 Research Instruments and Measures

This research aims to focus on the role of CBT activities in empowering Nubian women and, in consequence, achieving sustainable development in Nuba, so the questionnaire was designed to measure the impact of CBT activities on Nubian women's empowerment by focusing on the economic, social, and psychological dimensions, which were adopted from Dunn, (2007), Ramchurjee, (2011), Irawan, & Nara, (2020), and McCall and Mearns, (2021). Also, the aspects employed to gauge Nubian women's empowerment in CBT for attaining sustainable development were the economic, sociocultural, environmental, and local community and tourism development indicators, which were adopted from Ngo, and Creutz, (2022) study. The research demonstrated five parts to obtain the necessary answers in response to the study

questions, as follows: The first part conducted the demographic data for the sample. The second part illustrated the work profiles of the participants. The third part revealed the different indicators of women's empowerment through CBT activities in Nuba. The fourth part showed the sustainable development indicators that can result from CBT activities in Nuba. The fifth and last section demonstrated the possibilities of CBT activities in the future in Nuba. The third and fourth parts adopted a 5-point scale to recognize the degree of participants' agreement on each statement (1 = strongly agree, 5 = strongly disagree). The questionnaire was distributed using a research group in Nuba and the team used to tell the Nubian women the questions written in the questionnaire and record their answers down in the form.

5.4 Data Analysis Technique

The current study used the IBM SPSS statistical program (version 26) to analyze the questionnaire and answer the research questions. Moreover, descriptive statistics were used to describe the participants' demographic data and the current circumstances of their contribution to CBT activities. In addition, the research figured out the means and standard deviations for all sections of the questionnaire.

6. Results and Discussion

6.1 Questionnaire Results and Discussion

This study explores the impact of CBT on the empowerment of Nubian women as a way to achieve sustainable development in Nuba. Accordingly, through the sampling technique, this study targeted Nubian women who participated in CBT activities, and the sample reached 67 participants after excluding the invalid and uncompleted forms.

Table 3: Demographic Information of the Participants

Age Range		Freq.	%
1.	Less than 20 years	0	0
2.	20 – less than 30 years	33	49.3
3.	30 – less than 40 years	17	25.4
4.	40 – less than 50 years	13	19.4
5.	50 years and more	4	6.0

Marital status		Freq.	%
1.	Single	29	43.3
2.	Married with Children	22	32.8
3.	Married with No Children	5	7.5
4.	Widow	8	11.9
5.	Divorced	3	4.5

You are living right now with:		Freq.	%
1.	Alone	9	13.4
2.	Family partners (Parents/Bro/Sis)	23	34.3
3.	Husband	16	23.9
4.	Children	8	11.9
5.	Family Partners& children	4	6.0
6.	Husband & children	7	10.4

Educational Qualifications		Freq.	%
1.	Master Degree	3	4.5
2.	Bachelor Degree	45	67.2
3.	Secondary Education degree	6	9.0
4.	Primary Education Degree	4	6.0
5.	Technical Diploma Degree	4	6.0
6.	Reading and writing	5	7.5
7.	Illiteracy (can't read nor write)	0	0

All percent are determined by the total number of participants (n= 67)

The results in Table (3) demonstrated the demographic information of the participants, regarding the age range, more than 49 % of the participants were between 20 and less than 30 years old. The results showed that about 43 % of participants were single followed by 32.8 % were married with children. More than 34 % of the participants were living with family partners (Parents/ Bro/Sis), while 23.9 % were living with their husbands. Concerning the educational level of the participants, almost 67% of them had a bachelor degree, and no one of them was illiteracy.

Table 4: Work Profile of the Participants

Nature of Participants' Work		Freq.	%
1.	Cooking activities	6	9.0
2.	Working in a hotel	16	23.9
3.	Hiring a Homestay	8	11.9
4.	Craftswoman (cloths/leather/...)	23	34.3
5.	Saleswoman in Souvenir Shop	2	3.0
6.	Free Seller	2	3.0
7.	Tour Guide	2	3.0
8.	Planning Tours	4	6.0
9.	Restaurant/Cafe Waitress	4	6.0

Is your field of work in CBT the same field of your study?		Freq.	%
1.	Yes	13	19.4
2.	No	54	80.6

What are your needs beyond your work in CBT?: (multi-choices are allowed)		Freq.	%
1.	Economic Needs (Need for money)	43	64
2.	Social Needs (Need for a better social life)	35	52
3.	Psychological Needs (Self-achievement)	28	42
4.	Community Needs (Help community)	21	31
5.	Have some Free time	15	22
6.	Others	0	0

Are you the owner of your work (totally/partly)?		Freq.	%
1.	Yes, I'm the sole owner	17	25.4
2.	Yes, I'm a partner	25	37.3
3.	No	25	37.3

Have you had a previous job/work?		Freq.	%
1.	Yes, in the tourism industry	9	13.4
2.	Yes, in the hospitality industry	4	6.0
3.	Yes, in CBT (Community-Based Tourism)	2	3.0
4.	Yes, But I didn't work in the tourism field	23	34.3
5.	No	29	43.3

All percent are determined by the total number of participants (n= 67)

By asking the participants about the nature of their current jobs, the results demonstrated that 34.3% of the sample worked as craftswomen (cloths/ leather/...), followed by 23.9% working in hotels. More than 80% of the sample didn't study anything related to their job in CBT. As for the reasons beyond working in CBT, about 64% of the participants worked in CBT because of their need for money, while 52% of them needed to have a better social life. Regarding the ownership of the work, 37% of the sample were partners, also 37 % said that they were not the owners of their work, and the rest of the sample (25.4%) were the sole owners.

Finally, when asking the participants about their previous work, 43% of the sample didn't have previous work, 34 % of the sample had job but not in the tourism field, and 13% of them had work in the tourism industry, this result doesn't match with the results of Movono and Dahles, (2017), which shows that most of their sample used to work in tourism jobs before working in CBT activities.

Table (5) CBT and Women Empowerment

II- Community-Based Tourism and Women Empowerment:												
Factors	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree		Mean	SD.
	F	%	F	%	F	%	F	%	F	%		
1. Economic Indicators												
Are you <i>totally responsible</i> for the house expenses?	7	10.4	14	20.9	10	14.9	21	31.3	15	22.4	2.66	1.321
Are you partly sharing (with someone) in the home expenses?	13	19.4	17	25.4	7	10.4	11	16.4	19	28.4	2.91	1.535
Can you make any <i>savings</i> from your current income for any future plans?	23	34.3	10	14.9	6	9.0	15	22.4	13	19.4	3.22	1.584
Do you help with the <i>educational expenses</i> of your children?	14	20.9	20	29.9	4	6.0	7	10.4	22	32.8	2.96	1.609
Is your <i>income</i> from your current work better than your husband's income?	0	0	4	6.0	18	26.9	26	38.8	19	28.4	2.10	0.890
Total											2.77	0.968
2. Social Indicators												
My current work in CBT helps to <i>gain more information</i> about my community.	39	58.2	21	31.3	7	10.4	0	0	0	0	4.48	0.682
My current work in CBT allows participate in <i>charity activities</i> in my community.	29	43.3	14	20.9	14	20.9	7	10.4	3	4.5	3.88	1.213
I have encouraged members of my family or friends to work in CBT.	39	58.2	24	35.8	4	6.0	0	0	0	0	4.52	0.612
I delivered basic training in my field: "help others to know the techniques of my CBT work".	27	40.3	13	19.4	7	10.4	17	25.4	3	4.5	3.66	1.355
I became a partner in a social organization or NGO's after having my CBT job.	17	25.4	17	25.4	3	4.5	14	20.9	16	23.9	3.07	1.570
Total											3.92	0.656

3. Psychological Indicators												
I feel <i>independent</i> as I have my own income.	45	67.2	18	26.9	4	6.0	0	0	0	0	4.61	0.602
I feel more <i>appreciated</i> by my family for having my current work in CBT.	42	62.7	17	25.4	8	11.9	0	0	0	0	4.51	0.704
I feel more <i>sociable</i> by dealing with more people through my work in CBT.	48	71.6	15	22.4	4	6.0	0	0	0	0	4.66	0.592
I feel proud of myself (<i>self-esteem</i>) for having my current work in CBT.	53	79.1	14	20.9	0	0	0	0	0	0	4.79	0.410
Generally, I feel happier about my work in CBT.	50	74.6	17	25.4	0	0	0	0	0	0	4.75	0.438
Total											4.66	0.434

- All percents are determined by the total number of respondents (n= 67).
- A 5-point scale was used; whereas (1= Strongly agree; 5 = Strongly disagree).

Table (5) clarifies the role of CBT in women's empowerment through several indicators. Regarding the economic indicators, the participants stated that their income from their current work in CBT was better than their husband's income as the highest mean was 2.10 (\pm SD 0.890), almost 39% of the participants disagreed with this statement. this result is partly matching with the results of Ramchurjee and Paktin (2011), which proved that women working in the tourism industry earn 15% to 20% less than their males. It was clear that some of the participants declared that they were responsible for their house expenses with a mean of 2.66 (\pm SD 1.321). As for the capability of the women to make any savings from their current income for any future plans was the lowest mean of 3.22 (\pm SD 1.584). Of the 67 participants in the survey 34 women (almost 50%) agreed that they were able to help with the educational expenses of their children. This result lends support to the findings of Movono and Dahles, (2017) and Mc Call and Mearns, (2021) which showed that the interviewed women admitted that their work in CBT has enabled them to send their children to better schools and complete their education in college.

Furthermore, relating to the social indicators, the participants clarified that they became partners in a social organization or NGO's after having their CBT job with an overall mean of 3.07 (\pm SD 1.570), and the encouragement of the participant to members of their family or friends to work in CBT was the lowest mean of 4.52 (\pm SD 0.612). 94% of the participants agreed to the previous statement, this result is in complete agreement with results of Mc Call and Mearns, (2021) which proved that women who were working in CBT were trying to help people in their community and some of them opened a center to help women to learn sewing skills and computer skills. Almost 60% of those surveyed women reported that they train other women in their community on the skills they have, this result correlates satisfactorily with the results of Movono and Dahles, (2017), which proved that women working in CBT have had training courses abroad of their countries and when they were back they started to train other women in their community. Commonly, it can be concluded that CBT have helped women to have a better social life in Nuba and this result is constant with the result of Chugh, (2001),

which showed that 59% of the women who answered their questionnaire agreed that CBT has lifted their social life.

Concerning the psychological indicators, it is obvious that the participant's current work in CBT made them feel more appreciated by their family was the highest mean of 4.51 (\pm SD 0.704), followed by they felt independent as they had their own income with an overall mean of 4.61 (\pm SD 0.602), it could be claimed that this result matches partly with the result of Chugh, (2001) which showed that more than 57% of their sample stated that they have become financially independent because of working in the tourism industry. The lowest indicator was recorded for they were proud of having their current work in CBT with an overall mean of 4.79 (\pm SD 0.410). Generally, those results match with the results of Chugh, (2001), which showed that more than 53% of their sampled women agreed that working in the tourism sector has increased their self-confidence.

As shown in the previous table (5), the highly ranked indicators were the economic indicators with an overall mean of 2.77 (\pm SD 0.968), followed by the social indicators with a mean of 3.922 (\pm SD 0.656), and the psychological indicators ranked the lowest indicators with a mean of 4.66 (\pm SD 0.434).

Table (6) CBT and Sustainable Development:

II- Community-Based Tourism and Sustainable Development:												
Factors	Strongly agree		Agree		Neither agree nor disagree		Disagree		Strongly disagree		Mean	SD.
	F	%	F	%	F	%	F	%	F	%		
1. Economic Indicators												
Working in CBT offered me a better job opportunity.	30	44.8	18	26.9	16	23.9	3	4.5	0	0	4.12	0.930
CBT offers me a more stable income than before.	19	28.4	30	44.8	11	16.4	7	10.4	0	0	3.91	0.933
CBT income is higher than my former job income.	13	19.4	6	9.0	27	40.3	21	31.3	0	0	3.16	1.081
Total											3.698	0.751
2. Social & Cultural (Socio-Cultural) Indicators												
CBT helps in restoring and preserving traditions and cultural aspects.	59	88.1	8	11.9	0	0	0	0	0	0	4.88	0.327
CBT makes tourists feel proud of my local culture.	59	88.1	8	11.9	0	0	0	0	0	0	4.88	0.327
CBT helps my community to enjoy a better life.	48	71.6	15	22.4	4	6.0	0	0	0	0	4.66	0.592
Total											4.81	0.349

3. Environmental Indicators												
I am using the raw material from my environment without damaging it (ecofriendly)	36	53.7	21	31.3	7	10.4	0	0	3	4.5	4.30	0.985
I am used to recycle stuffs of my waste.	16	23.9	19	28.4	18	26.9	14	20.9	0	0	3.55	1.077
CBT enhances more awareness of protecting the environment	25	73.3	31	46.3	8	11.9	3	4.5	0	0	4.16	0.809
CBT activities made the surrounding environment more beautiful.	32	47.8	32	47.8	0	0	3	4.5	0	0	4.39	0.717
Government & NGO's introduce environmental protection policies.	36	53.7	23	34.3	8	11.9	0	0	0	0	4.42	0.700
Total											4.16	0.601
4. Local Community and Tourism Development Indicators												
Local community is more welcoming tourists to visit the area.	63	94	4	6.0	0	0	0	0	0	0	4.94	0.239
Local community is encouraged to attend tourism service training.	43	64.2	4	6.0	13	19.4	7	10.4	0	0	4.24	1.102
Local community is trained to develop tourism products.	40	59.7	14	20.9	6	9.0	7	10.4	0	0	4.30	1.015
Local community is encouraged to attend foreign language classes.	22	32.8	11	16.4	14	20.9	7	10.4	13	19.4	3.33	1.511
Local community receives support for tourism activities.	39	58.2	20	29.9	4	6.0	4	6.0	0	0	4.40	0.854
Local community supports CBT to become a key for local development.	46	68.7	21	31.3	0	0	0	0	0	0	4.69	0.467
Local community supports the development of local infrastructure.	41	61.2	10	14.9	8	11.9	8	11.9	0	0	4.25	1.078
Local community is willing to participate in the future development planning.	45	67.2	10	14.9	8	11.9	4	6.0	0	0	4.43	0.925
Total											4.32	0.525
<ul style="list-style-type: none"> All percents are determined by the total number of respondents (n= 67). A 5-point scale was used; whereas (1= Strongly agree; 5 = Strongly disagree). 												

Table (6) represents the role of CBT in enhancing sustainable development. For economic indicators, the participants declared that CBT income is higher than their former job income with a mean of 3.16 (\pm SD 1.081), and this result goes along with the result of the Ngo and Creutz (2022) study, which showed this indicator as the main economic indicator. The lowest indicator recorded for working in CBT offered them a better job opportunity with a mean of 4.12 (\pm SD 0.930). This result matches with the result of Anisah et. al.,(2022), which showed that CBT can affect the economic conditions in Ngampungan village positively by creating jobs, reducing unemployment and poverty, and increasing income.

In addition, for the socio-cultural indicators, the highest mean was recorded for the role of CBT in helping the community to enjoy a better life, with an overall mean of 4.66 (\pm SD 0.592), followed by CBT helping in restoring and preserving traditions and cultural aspects, and CBT making tourists feel proud of the local culture, both with an overall mean of 4.88 (\pm SD 0.327). Generally, social and economic indicators of CBT contributions are partly similar to the results of Juma and Khademi-Vidra, (2019).

Additionally, regarding environmental indicators, the participants declared that they were used to recycling stuff from their wastes, with the highest mean of 3.44 (\pm SD 1.077), followed by the role of CBT in enhancing more awareness of protecting the environment with a mean of 4.16 (\pm SD 0.809), and the lowest mean was (4.42) for the indicator of introducing the government and NGO's for environmental protection policies. This result mismatches with the results of Ngo and Creutz, (2022), who considered CBT activities could enhance the awareness of protecting the environment as the highest environmental indicator.

Furthermore, for Local Community and Tourism Development Indicators, the highest mean was recorded for the encouragement of the local community to attend foreign language classes with an overall mean of 3.33 (\pm SD 1.511); this result differs from the Ngo and Creutz, (2022) results, followed by the encouragement of the local community to attend tourism service training with a mean of 4.24 (\pm SD 1.102); and the lowest mean was recorded for the ability of the local community to welcome tourists to visit the area with a mean of 4.94 (\pm SD 0.239).

And finally, for recognizing the indicators that ranked highly, it is obvious from the previous table(8) that the highest mean was recorded for the economic indicators with an overall mean of 3.698 (\pm SD 0.751), followed by the environmental indicators with a mean of 4.16 (\pm SD0.601), then the local community and tourism development indicators with a mean of 4.32 (\pm SD0.525), and the social and cultural (socio-cultural) indicators ranked the lowest indicators with a mean of 4.81 (\pm SD 0.349).

Table (7): The future of CBT

My Vision about the future of CBT in your community		Freq.	%
1.	There is a very good chance to CBT to flourish in my country	51	76.1
2.	There is a limited chance for CBT to flourish in my country	14	20.9
3.	There is no future for CBT in my country	2	3.0

- All percents are determined by the total number of respondents (n= 67).

The figures and percentages in the previous table showed that 76 % of the sample size declared that there is a very good chance to CBT to flourish in their country, while 20.9 % of the sample indicated that there is a limited chance for CBT to flourish in their country, and finally 3 % said there is no future for CBT in their country.

7. Conclusion and Recommendations

According to the current results, it is noticeable that community-based tourism activities in Nuba had an effect on achieving women's empowerment and sustainable development. It also appears from the study's results that the majority of the participants were Nubian women, most of whom were single and lived with their family partners (parents, brothers, or sisters). As for the educational qualifications, more than half of the participants had a bachelor's degree.

Furthermore, concerning the nature of Nubian women's work, it is obvious from the results that most of them worked in crafts like cloth and leather, etc., followed by working in hotels. Besides, more than half of the participants studied another field rather than their work in CBT. In addition, most of them declared that the reason for their work in CBT was for **economic reasons**, especially the need for money, followed by their need for a better social life, and then the need for feeling self-achievement. Moreover, most of them did not have a previous job before working in CBT activities.

Regarding the role of CBT in women's empowerment, the results clarify that the **economic indicators** had the highest ranking, as the Nubian women stated that their income from their current work in CBT was better than their husband's income, followed by the social indicators as Nubian women declared that they became partners in a social organization or NGO's after having their CBT job, and then the psychological indicators, for instance, stated that their current work in CBT made them feel more appreciated by their family.

Concerning the role of CBT in enhancing sustainable development, it is also noticed that the **economic indicators** have ranked the highest, as Nubian women declared that CBT income is higher than their former job income, followed by the environmental indicators, as they stated that they were used to recycle stuff from their waste and that their work in CBT enhances awareness of protecting the environment. Followed by the local community and tourism development indicators, as the Nubian women indicated that their work in CBT encouraged the local community to attend foreign language classes, and finally, socio-cultural indicators, as the Nubian women stated that CBT helped the community to enjoy a better life, *and* CBT also helped in restoring and preserving traditions and cultural aspects, and it made tourists feel proud of the local culture.

In conclusion, the study explored the role of CBT activities in empowering Nubian women and achieving sustainable development in Nuba, as it showed that the economic role played the main role throughout the CBT journey in Nuba, as the main reasons for Nubian women participating in CBT activities were economic reasons, such as their need for money. In addition, on one side, CBT activities affected empowering the Nubian women, especially economically, on the first level; on the other side, CBT activities had an economic effect on sustainably developing the Nubian community, also on the first level, which achieves the aim of the study.

The following table (8) concludes the highly ranked factors of the different indicators of CBT activities that affect achieving women's empowerment and sustainable development in Nuba according to the study's results.

Table (8) The highest factors in CBT contributions to achieving women's empowerment and sustainable development.

indicators	Women empowerment	Sustainable development	Result
economic	1 <i>CBT activities income</i> better than the husband's income of the participants.	1 <i>CBT income is higher</i> than the participants former job income	Positive impact on participants' income
Social & Cultural (Socio-Cultural)	2 Participants became partners in a social organization or NGO's after having their CBT job	4 CBT helps the community to enjoy a better life.	Positive impact on the social level of the participant's life.
Psychological	3 The participants felt more appreciated by their family for having their current work in CBT.	_____	Positive impact on participants' lives (psychological side).
Environmental	_____	2 The participants were used to recycle stuffs of their waste.	Positive impact on participants' environmental awareness.
Local Community and Tourism Development	_____	3 Local community was encouraged to attend foreign language classes	Positive impact on local community development

Consequently, it is recommended for the policy maker, according to the study's results, to pay more attention to enhance Nubian women's works by organizing exhibitions to give them a chance to offer their work. It is also recommended to organize foreign language courses for them to enhance their ability to deal with foreign tourists. Besides, it is recommended to organize environmental courses to enhance their awareness of the need to conserve their environment and to enhance their knowledge about recycling their work waste.

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تأثير السياحة المجتمعية على تمكين المرأة لتحقيق التنمية المستدامة:

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الملخص:

لقد حظيت السياحة باهتمام كبير، خاصة من خلال قدرتها على الاستدامة. ومن ثم، تتيح السياحة المجتمعية تواصلًا أفضل مع المجتمع المحلي، مما يتيح تحقيق تنمية اقتصادية واجتماعية واسعة النطاق للسكان المحليين. هذا وتولي مصر اهتمامًا خاصًا بالمرأة النوبية، وذلك اعتمادًا على استثمار مهاراتها في الخياطة والتفصيل والأنوال والسجاد والحرف اليدوية لتوفير فرص عمل لها، ومن ثم يهدف هذا البحث إلى استكشاف دور أنشطة السياحة المجتمعية في تمكين المرأة النوبية، كوسيلة لتحقيق التنمية المستدامة في النوبة.

تم اعتماد المنهج الكمي من خلال توزيع استمارات استقصاء على عينة مستهدفة مكونة من مجموعة من النوبيات لاستكشاف مدى مساهمتهم في أنشطة السياحة المجتمعية، وكانت الاستمارات الصالحة للتحليل ٦٧ وتم تحليلها باستخدام برنامج SPSS. وأظهرت النتائج أن السياحة المجتمعية قدمت فرص عمل متنوعة للنساء في النوبة، مما أثر بشكل إيجابي على المستوى الاقتصادي لأسرهن. وهذا يثبت أن تمكين المرأة النوبية في أنشطة السياحة المجتمعية قد أثر بشكل كبير على التنمية المستدامة في النوبة.

الكلمات الرئيسية: السياحة المجتمعية، تمكين المرأة، التنمية المستدامة